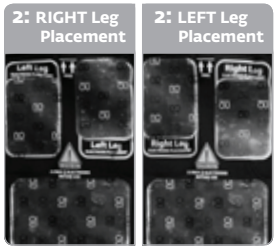
Empi

QUICK START GUIDE

Empi Phoenix™ Neuromuscular Electrical Stimulator

Using the Empi Phoenix Conductive Garment:



Refer to the Garment Instructions for Use and Electrode Instructions for Use (printed on the electrode bag) for further instruction.

1. Remove the blue plastic liner from the grid side of the rectangle electrodes. Place **ALL THREE** electrodes **grid-side down** within the appropriate outlines.
2. For RIGHT leg placement, apply the smaller electrodes in the GREY outlines labeled "Right Leg Electrode Placement". For LEFT leg placement, apply the electrodes in the white outlines labeled "Left Leg Electrode Placement".
3. In a seated position, center the garment over your thigh, sitting just above your knee cap, with the Empi logo facing you so you can read it.
4. Wrap the straps around your leg so the garment fits snugly.
5. Insert the garment/device connector wire into the port on the garment. Make sure you hear an audible click.

*Please see user manual for complete list of Indications, Contraindications, Warnings, Precautions, Dangers and Adverse Effects for the Phoenix Conductive Garment and Device.

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Using the Empi Phoenix Device:

Please read your device user's manual before use. Once you have appropriately placed your garment/electrodes:

1. Insert the batteries into the device.
2. Insert the leadwire from the garment (if using the garment) or electrode leadwire (if not using the garment) by pressing the attachments into the ports on the device. Place electrodes or garment following healthcare provider's instructions.
3. Turn the device on by pressing the ⏻ button.
4. Select the therapy (P1 – Endurance, P2 – Strength, P3 – TENS, P4 – Edema) prescribed by your clinician by pressing the P+ or P- buttons.
5. Adjust the intensity to desired level by pressing the ▲ or ▼ buttons for Channel 1 and Channel 2. Once the intensity is increased, the program will be locked.

NOTE: P1 and P2 begin with a two-minute Warm-Up phase, which will count down on the screen. The Warm-Up phase will cause your muscles to twitch but not contract. Set the device intensity to a comfortable level during Warm-Up. Once the Work phase begins, the intensity will automatically decrease by half. You can then adjust the intensity to provide a comfortable but strong muscle contraction. P1 and P2 finish with a Cool-Down phase similar to the Warm-Up phase.

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